

# Gagetown School

## Parent Page



"Soar with the Eagles"

Principal: Dr. Monique Allain  
Administrative Assistant: Kara Mersereau  
Office Phone Number: 488-3561  
[web1.nbed.nb.ca/sites/ASD-W/Gagetown](http://web1.nbed.nb.ca/sites/ASD-W/Gagetown)

March 18, 2016



### Upcoming Fundraisers for the Gagetown Middle School Trip to Quebec City

**Breakfast at the River Road Lions Club, Upper Gagetown**  
Saturday March 19<sup>th</sup>, 8:00am to 11:00am  
Adults - \$8.00 Children Under 12 - \$4.00

**Supper and Silent Auction at The Creek View Restaurant**  
Tuesday April 12<sup>th</sup>, 6:00pm tickets \$25.00

*Come enjoy some great food and help our  
Grade 7 & 8 Students get to Quebec City this May.  
Bon Appetit!*

For more information please contact  
Gagetown School at 488-3561 or Kelly Shannon at 488-8009

## Nurture Your Child's Mental Health



Did you know that mental health is just as important as body health? Your mental health impacts how you feel, act, and think. In 2012, it was found that one out of every five children and youth in Canada had a diagnosed mental health disorder. This is an alarming number. The good news is that parents can help nurture their child's mental health in different ways:

- Spend some time with your child each day by eating at the dinner table or by helping them with their homework. This quality time will help build a strong relationship with your child and will teach them how to build strong relationships in the future.
- Help your child feel good about themselves by building up their self-esteem. To do this, recognize their efforts as well as their accomplishments. Show them you love them and show interest in things they're interested in.
- Respect and listen to your child. Encourage your children to share their feelings, and listen to them when they talk. Talk about your feelings as well to set a good example.
- Keep the home positive and safe. Monitor their use of media, such as TV and the internet, and allow time for physical activity.
- Teach your child how to handle difficult situations. Teach them how to relax when they are upset, such as by going for a walk or taking deep breaths. Encourage them to think about possible ways to make the situation better, don't tell them what to do.

Adapted from Caring for Kids:

[http://www.caringforkids.cps.ca/handouts/mental\\_health](http://www.caringforkids.cps.ca/handouts/mental_health)

Rachel Scott

4<sup>th</sup> Year Bachelor of Nursing Student

University of New Brunswick



### Gagetown Middle Level Basketball

The Eagles would like to thank Coach Matt Richards for leading the team this past season. The team finished second in the Boys JV league. We thank all the parents and grandparents who assisted in the transportation to and from games.

### Grade 5 to 8 Indoor Rowing Club

Students interested in participating in a Middle Level Indoor Rowing Club who work together as a team to compete against other Middle Level Students within the Anglophone West School District. As a team, they will work to accumulate kilometers on indoor ergometers that are placed in the gym. Club participants will practice on Monday, Tuesday and Wednesday at lunch hour. The club will begin on Monday, March 21<sup>st</sup>. Please speak to Ms. Meek or Ms. Allain for more information.

### Kindergarten to Grade 2 Basketball

Students in Kindergarten to Grade 2 interested in participating in a Basketball Club will be able to participate on Thursdays from 1:30- 2:30 starting on March 31<sup>st</sup>. Ms. Hogan will once again be leading the Club!

### Grade 4 to 8 Wrestling

Wrestling will begin on Tuesday, March 22<sup>nd</sup>. No experience necessary! Any student in grade 4 to 8 interested in wrestling are encouraged to participate in the Wrestling Club held on Tuesdays and Thursdays from 3:30- 5:00. Students who cannot return to school at 3:30 are to have books or work with them so they can work in the library from 2:45-3:30. We also encourage students to have extra snacks and a water bottle on those days. Thank you to Bill Jackson and John Hall for once again coaching the team.

### Grade 5 to 8 Volleyball

Middle Level Volleyball practices will begin on Monday, March 21<sup>st</sup>. Students in grades 6 to 8 interested in competing on the Volleyball team against other Middle Level Schools are invited to practice on Mondays and Wednesdays from 2:45 to 4:15. Coaches Danielle Thompson and Mrs. Francis will be leading the Eagles!



### New Noon Hour Clubs and Programs

Gagetown School will be starting a new spring rotation for noon hour clubs, programs and activities. We would like to thank all teachers, staff and community volunteers for leading these programs.

March 21 <sup>st</sup> -April 29, 2016 Noon Hour Clubs - 11:35-12:00				
Monday	Tuesday	Wednesday	Thursday	Friday
Grade 3-5 Intramurals with Mrs. Meek	Heritage Fair Club with Ms. Craig and Mrs. Sullivan	Kindergarten – Grade 2 Intramurals with Ms. Allain	Sock-Hops in Gym with Ms. Allain & Mrs. Hanson-Lacey (K-5- every second week)	Green Unicorns with Mrs. Law (am)
Kindergarten to Grade 2 Lego Club (Mrs. Francis & Mrs. Smith)	Grade 6 -8 Intramurals with Mrs. Meek	Grade 3-8 Choir	Grade 6-8 Yearbook with Mrs. Perry and Mrs. Cormier	
Grade 7& 8 Mathletes with John Tarrel	Grade 3-8 Student Leadership with Ms. Allain	Grade 5-8 Indoor Rowing with Ms. Meek and Ms. Allain	Grade 3 to 8 Dance Club with Mrs Boudreau	
Grade 5-8 Indoor Rowing with Ms. Meek and Ms. Allain	Grade 5-8 Indoor Rowing with Ms. Meek and Ms. Allain		Kindergarten to Grade 2 Yoga with Mrs. Fairweather	
			Kindergarten to Grade 2 Basketball Club (1:25-2:30) with Ms. Hogan (participating students take the late bus home)- March 31 <sup>st</sup> - April 28th	
Afterschool				
2:45-4:15 ML Volleyball Practice (with Danielle Thompson and Mrs. Francis)	Grade 4 to 8 Wrestling (with John Hall and Bill Jackson)	2:45-4:15 ML Volleyball Practice (with Danielle Thompson and Mrs. Francis)	Grade 4 to 8 Wrestling (with John Hall and Bill Jackson)	

### Home and School

Home and School continues to be very active at Gagetown School fundraising and leading programs and events for all students. We want to remind all students and parents that when school is cancelled or if your child is absent on a day when hot lunch is served that no the fee paid does not carry over to another day. If you would like to volunteer or if you have any questions, please contact Jenny McConchie (461-6659 or via email at [jenny.mcconchie@hotmail.com](mailto:jenny.mcconchie@hotmail.com) ). Gagetown students and staff appreciates all efforts made.

### Parent School Support Committee (PSSC)

The next meeting for PSSC will be held on Wednesday, March 30<sup>th</sup> at 6pm to entertain ideas for school cultural activities. Once again we welcome any interested parent to attend – child care can be arranged if required. We look forward to working together as we continue to strive towards creating conditions to foster success. For more information about the PSSC or for meeting times, please contact Kelly Estabooks at 468-2047 or [kellyestabooks@rogers.com](mailto:kellyestabooks@rogers.com) .

### Important Dates to Remember - Mark Your Calendars

Wednesday, March 23	Celebration of Acadian Culture
Thursday, March 24	Easter Egg Hunt (Home and School)
Friday, March 25	Good Friday (no school)
Monday, March 28	Easter (no school)
Monday, April 4	Report Cards Go Home
Thursday, April 7	Parent Teacher Interviews (6-7:30)
Friday, April 8	Parent Teacher and ½ day PL/ No School for Students
Monday, April 18	Professional Learning Day /No School for Students
Tuesday, April 19	Professional Learning Day/ No School for Students/
Thursday, April 21	Heritage Fair
Friday, April 22	Earth Day- Move Day (afternoon- sponsored by Home and School)

### Hot Lunch Dates

Pizza & Garlic Fingers Every Monday
Grilled Cheese Every Thursday
Wednesday, May 4- Spaghetti Day

